UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Week of July 4|27.

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(NOT FOR PUBLICATION)

ANNOUNCEMENT: Aunt Sammy's Chat includes three Vegetable Dinner menus; suggestions for using cottage cheese; a party breakfast; and two new recipes. Approved by the U. S. Bureau of Home Economics.

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Today's talk takes the form of questions and answers. Since it is impossible to answer very many questions in one radio talk, I have mailed replies to all questions which I thought were not of general interest.

First question: "Please tell me what is meant by a vegetable plate dinner, as they are served in restaurants and on diners."

The vegetable plate dinners served in public eating places consist of three, four, or five vegetables, served on a large plate, which has a separate compartment for each vegetable.

However, one does not have to eat "out," in order to enjoy such a dinner. If vegetables are abundant in your garden, or if you live close to a good market, you can vary your summer menus by serving a "vegetable plate" meal occasionally.

On the home table, the vegetables are usually served from separate dishes, on ordinary plates.

There are three points to remember, in preparing a vegetable dinner. Firs there must be a variety of flavor. So far as flavor is concerned, a good combination is one mild-flavored vegetable, such as potatoes or Lima beans; one vegetable of pronounced flavor, like cauliflower, cabbage, or onions; and one which is either sour itself, or may be served with vinegar-- spinach, or beets, for instance.

Second, there must be variety of texture. Variety in texture is obtained by having one vegetable with a crisp crust, like corn fritters, or scalloped tomatoes; a second vegetable served with sauce; and a third simply cooked in water, as peas, or string beans, are usually cooked. A raw vegetable, such as celery or radishes, lends still further variety.

The third point to remember in connection with a vegetable dinner is to include some protein foods in the meal. As a rule, one of the vegetables should be beans, or peas, which are comparatively rich in protein. Or one of the vegetables may be served with a protein food, such as cheese, milk, eggs, or chopped meat. Examples of vegetables combined with protein foods are green peppers or tomatoes stuffed with a meat mixture, cauliflower or potatoes scalloped with cheese, spinach with hard-boiled eggs, and sweet corn pudding made with milk and eggs.

I shall give you three well-balanced menus for vegetable plates. These three meals were prepared in the Bureau of Home Economics not long ago, and were attractive as well as appetizing.

The first menu-- Just a minute. Does every one have a pencil? All ready, for the first Vegetable Plate menu: (Read slowly).

Stuffed Pepper; Fried Egg Plant; String Beans; Celery; and Pickle.

Menu Number II-- Baked Potato; Peas; Cauliflower with Hollandaise Sauce; and Fried Pineapple.

Menu Number III-- Corn Fritters; Baked Apple, served hot; Buttered Carrots; and Cold Slaw.

And <u>that</u> question is answered.

This next question is an easy one: "Does cottage cheese have any nutritive value? Can you give me a few recipes for using cottage cheese?"

Yes, it does; and yes, I can.

Cottage cheese is high in food value. It contains all the constituents of milk, excepting the cream. Like milk, cottage cheese is a source of protein, which is used to build and repair body tissue.

There are so many dishes which can be made with cottage cheese that I hesitate to enumerate them. Cottage cheese served plain is especially pleasing in summer. Many people like it with rich cream, and a little salt, or with cream and sugar. Sour cream, or melted butter, improves the flavor of cottage cheese, and increases the food value.

Cottage cheese makes a delicious sandwich filling, especially for the picnic season of the year. For sandwiches, moisten the cheese with sweet cream, and flavor it with a little chopped parsley, chopped or sliced olives, sliced celery, pimentos, horseradish, Spanish onions, pickles, or nuts. Some people like the flavor of caraway seeds in cottage cheese. This spread is equally good on white bread, rye bread, nut bread or brown bread.

I have a good many recipes and suggestions for cottage cheese-- too many to broadcast. I wish you'd write me for the cottage cheese recipes, if you are interested. They would be a handy addition to your kitchen library. The cottage cheese bulletin also gives directions for making cottage cheese in the home.

Third question: "Please tell me what garnishes are appropriate to serve with iced tea."

There are a number of suitable garnishes and flavorings for iced tea. A spray of mint adds a cool summer-y touch. Candied orange or lemon peel, and candied pineapple, are nice. Slices of lemon, orange, or lime, are good. Some people like whole cloves, a stick of cinnamon, crystallized ginger, or rose

geranium leaves with iced tea.

That's really all the flavorings for iced tea I can think of just now-- perhaps I'll have another idea before I leave.

Next question: "I am going to give a slumber party next month for four of my young friends. Will you please suggest a breakfast menu? I should like to use orange baskets, in the first course, because they make the table look so pretty."

Very well. Let's use orange baskets, and fill them with fruit. I'll tell you how, in a minute. Our menu might be something like this: Fruit in orange baskets; waffles and butter and bacon; and maple sirup, or strawberry preserves, or blackberry jam.

I suppose you will make the orange baskets the night before, and set them in the ice box. Do you know how to make them? Cut two pieces from each orange, leaving a strip to form the handle of the basket. Remove the pulp from the orange. When you fill the oranges in the morning, combine with the orange pulp red raspberries, or blackberries, or peaches, or other fruits which are in season. Sprinkle with powdered sugar if you like. If you want the breakfast table to look particularly festive, garnish the handle of each orange cup with a spray of larkspur, or a bright nasturtium. Better still, lay a gay posy on the plate beside the orange cup.

I am going to give you the Recipe Lady's method of making waffles, because it is a tried and true method, which won't disappoint you. By the way, why don't you make your waffle batter the night before, and set it in the ice box? It will be just as good as if it had been made fresh in the morning.

Here is the recipe, for waffles; seven ingredients:

1 cup milk
1 1/3 cups sifted soft-wheat flour
2 tablespoons fat
1 to 2 eggs
2 teaspoons baking powder
1 tablespoon sugar
1/2 teaspoon salt

Count the ingredients again, please. There should be seven: (Repeat ingredients).

In mixing, fold the beaten white of egg into the batter after all the other ingredients have been added. Have the waffle iron hot enough to brown the waffle quickly, and well greased, unless it is the electrically heated aluminum kind. In that case, add an extra tablespoon of melted shortening to the batter.

After the orange cups are removed from the table, you can serve waffles and bacon. Then, for dessert, let your guests finish with waffles and sirup, or jam, or preserves, or honey, as I have suggested. Ice-cold milk would be an appetizing beverage for your breakfast.

The last question is about canning fruit and vegetables. Instead of broadcasting the answer to this, I am going to send you the booklet on "Canning Fruits and Vegetables at Home." It has all the information about all the fruits and vegetables that are canned at home. I know that's a broad statement, but I believe it's true.

The last question is a request for the delicacy known as pickled cherries. Pickled cherries are very nice served with meat. Here is the recipe, which was given to me by the Recipe Lady: (Read slowly)

Wash and pit large, sour, red cherries. To the desired amount of cherries, add three-fourths of their weight or measure of sugar. Sprinkle the sugar over the fruit in layers, and let them stand overnight. In the morning, stir until the sugar is dissolved and then press the juice well from the cherries. Tie a small quantity of whole spices in a loose cheesecloth bag, drop this into the juice, and boil it down until it is three-fourths of the original quantity. While the sirup is hot, pour it over the drained cherries, and add 2 tablespoons of well-flavored vinegar to each pint. Seal, and let stand about two weeks to become well-blended before using.

Next week I shall give you recipes for watermelon preserves, and watermelon pickles.

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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Week of July 11

NOT FOR PUBLICATION

ANNOUNCEMENT: How to keep cool when the weather's hot is the theme of Aunt Sammy's Chat. Three menus and two recipes. Approved by the U. S. Bureau of Home Economics.

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I have been told at least three times lately that "keeping cool" is largely a state of mind. "Forget about the hot weather," say my well-meaning friends, "and you won't feel the heat."

My friends may be right, but I don't see how I can forget about the weather, days when heat waves dance before my eyes, and my heels sink into soft, mushy spots in the pavement.

But even during hot weather, we can keep ourselves fairly good-natured, and cheerful, by eating cooling foods, wearing thin clothes, doing the cooking and heavy housework in the morning, and making certain changes in the house.

I changed the furniture in my living room last week. The davenport, which had been forming a "group" with the fireplace, all winter, was moved to a place near the window. My heavy upholstered chairs are also spending the summer near windows. You wouldn't recognize the upholstered furniture, in its new chintz slip-covers. The slip covers are not only a protection, but they also make the room seem so much cooler. Even the dignified old-fashioned rocker, which belonged to Grandfather, has been dressed in a frivolous cover of gay chintz, with a green background.

A fiber rug, and thin curtains which cannot shut out elusive summer breezes,make my living room cool and inviting.

Now let's consider summer clothes. In order to feel cool, we must dress so as to permit evaporation of moisture from the body, a process which requires a constant circulation of air through the clothing. Cotton is a cool fabric. Heat passes through it rapidly. For summer, however, one must choose the thin, flat, smooth cotton weaves, like voile, batiste, organdy, lawn, and dimity. These materials do not absorb great amounts of perspiration. It is evaporated by the air directly from the skin, giving the sensation of coolness.

In hot weather, one must avoid the flat, firm, solid weaves, such as heavy muslin, denim, and khaki. These materials are so dense that the air does not pass through them readily, and because of their smooth hard surface, they do not absorb perspiration. This permits the body to be enveloped in a layer of dead, damp air. No wonder children object to long denim overalls, and heavy

white middies, on hot days. Small boys and girls are much more comfortable in garments of cool, thin sateen, or smoothly woven prints, which leave arms and legs uncovered. Thin muslins, such as crossbar or nainsook, are fine for summer underwear.

I have one question to answer, before I give you the recipes. The question is this: "Can you suggest a few new sandwich combinations which are suitable for picnics?"

I won't promise to suggest anything new in sandwiches, because if I do, some one will be sure to say it isn't new at all.

In the first place, when you make picnic sandwiches, have a variety. Cut the bread in thin, even slices, using bread that is about 24 hours old. Use butter which has been worked to a cream, rather than melted butter.

I shall give you half a dozen suggestions for sandwich fillings. Write them down, if you like:

First, cucumbers, sliced very thin, and spread with a little mayonnaise dressing, are especially good on brown bread.

Second--Boiled ham with chopped sweet pickles and salad dressing.

Third--Cottage cheese with chopped pickles, olives, nuts, or pimentoes.

Fourth--Cream cheese, ripe olives, and nuts.

Fifth--Chopped raisins, with nuts and lemon juice to season.

Sixth--Hard cooked eggs, sliced, with stuffed olives, mayonnaise, and lettuce

Another good sandwich filling that I almost forgot about is home-made peanut butter. Put the peanuts through the food-chopper, and mix them with cream.

Now, if you are ready, I'll give you the watermelon recipes. First, the watermelon preserves, which are so good that just talking about them makes me hungry.

Fred, my sixteen-year-old brother is working on a farm this summer, and bringing the watermelons to town is part of his job. He has brought me some delicious melons.

I am going to give you first the recipe for preserves, made from watermelon rind. Everybody have a pencil? Then we are ready: (Read slowly)

Cut the red portion from the rind. This can be chilled, and served in slices or blocks. When ready to make the preserves, remove the green outer skin, and cut the white part into pieces of the desired size. First, soak the pieces, for 3-1/2 hours, in limewater, to make them firm. The limewater is made by dissolving one-fifth ounce of lime, in one quart of water, for each pound of watermelon rind. I'll repeat that statement: The limewater is made by dissolving one-fifth ounce of lime, in one quart of water, for each pound of watermelon rind. The lime should be bought at a drug store, and should be accurately weighed, as too much or too little will not give the desired results.

At the end of 3-1/2 hours, put the watermelon rind into fresh water, for one hur. Next, boil it, in clear water, for 1-1/4 hours. Make a sirup, in the proportion of one pound of sugar, and two quarts of water, and drop the rind into it, after it has reached the boiling point. Add half a lemon, sliced, for flavoring, and spices or ginger root if you like. These will tend to darken the color of the preserves, but for many tastes, will improve the flavor. Boil for one hour and 40 minutes. It may be necessary to add more water to the sirup while boiling to prevent it from burning or to transfer the preserves to a smaller pan, without adding more water. If a thermometer is used, the preserves should be cooked until the temperature has reached 222 degrees F. If any of the sugar caramelizes, it will darken the color. When the preserves are cooked, pack the pieces in sterilized jars, add three-fourths cupful of sirup to each quart jar, and seal.

I canned part of my preserves in facny little glass jars. Won't they make nice Christmas gifts?

I also made an extra supply of watermelon pickle, for the holiday season. I let the watermelon pickle dry out, and then use it in place of citron, in cakes and puddings. It makes a delectable confection, too dipped in chocolate, or covered with fondant.

Now, if you are ready, I'll give you the recipe for watermelon pickle. Eight ingredients are needed for watermelon pickle, as follows:

2 pounds watermelon
Limewater made from 1 quart water and 1 tablespoon lime
4 cups vinegar
1 cup water
5 cups sugar
1 tablespoon allspice
1 tablespoon cloves
6 small pieces stick cinnamon

Eight ingredients. Check them, please: (Repeat)

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Pare and remove all green and pink portions from watermelon rind. Cut it in the desired shape or size, and soak for two and one-half hours in the lime-water. Drain the watermelon and place it in fresh water to cover well, and cook for one and one-half hours or until tender. Let the watermelon stand overnight in the water. Make a sirup of the 4 cups vinegar, 1 cup water, sugar, and spices. Allow the sirup to come to the boiling point, add the drained watermelon and boil gently for two hours or until the sirup is fairly thick. Seal and store. If desired, some of the pieces of the watermelon may be placed on waxed paper and allowed to dry out, turning every day or two until dry enough to store. This melon can be used in place of citron in cakes and puddings, and may be dipped in chocolate or covered with fondant.

Instead of broadcasting a dinner menu today, I'm going to give you three breakfast menus for summer.

Number 1--Cantaloupe, fried tomatoes, hot biscuits, and orange juice.

Number II--Ready-to-serve cereal with sliced peaches and cream, omelet, toasted rolls, and grape juice.

Number III--Raspberries with cream; shirred eggs; toast; and ice-cold milk.

I wonder if everybody knows how to prepare shirred eggs. Simply drop the eggs into a shallow baking dish, sprinkle buttered bread crumbs on top, and bake in a moderate oven, until the egg sets. If individual baking dishes are used, the eggs can be eaten right from those dishes.

Before I conclude my talk, I want to tell you there are still a few hundred copies of the free radio cookbook on hand. We had fifty thousand of the books printed this year, and most of them have been distributed. Pretty big order, wasn't it?

We are already making plans for another cookbook, to be printed next year.

UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

PROGRAM Housekeepers' Chat RELEASE Mon. July 18/27.

(NOT FOR PUBLICATION)

ANNOUNCEMENT: The subject of today's chat is canning. Aunt Sammy will give directions for canning corn, and tomatoes, and conclude with a delectable recipe for peach ice cream.

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My Next-Door Neighbor made an informal call at my house Saturday morning.

"What's the matter, Aunt Sammy?" she asked. "Seems to me you have three more freckles on your nose than you had the last time I saw you."

"Never mind," I answered, rather shortly, "the freckles don't hurt. But my arms are so stiff I can hardly use a broom. You see Uncle Ebenezer and I went canoeing yesterday, and I did most of the paddling."

"Indeed," said my Next-Door Neighbor. "How did you ever persuade Uncle Ebenezer to take you canoeing? As a rule, he's opposed to anything that calls for so much hard work."

"It was the peach ice cream," I explained. "Uncle Ebenezer is exceedingly fond of peach ice cream, and I promised to make him a whole freezer full, in exchange for the canoe ride."

"I understand," said my Neighbor. "And would you mind divulging the recipe for the Peach Ice Cream? I'm going to have a party next week, and Peach Ice Cream is exactly what I want to serve, Aunt Sammy."

"All right," said I, "but you can't have the recipe until I have broadcast it. Because-- the Recipe Lady in the Bureau of Home Economics gave it to me, and we want our listeners to have it before anybody else does."

I was firm and my Neighbor had to be satisfied with my decision. However, I'm going to give you the recipe today, as soon as the questions are answered, and then my Next-Door Neighbor can have it. It really is a wonderful recipe, and I think you'll like it.

The first question is this: "What is the proper way to cook string beans?"

A tasty way to cook green string beans, is to shred them finely, and give them a short, quick cooking, in a comparatively small amount of lightly salted water. Remove the tips, ends, and strings, and cut the beans lengthwise, into long, thin shreds, with a pair of scissors. If the beans are young, they will cook tender in from 15 to 20 minutes. They will keep their bright green color, and have a delicate fresh flavor. Season them with melted butter, and add more salt if necessary.

Question Number Two: "Please give me a reliable method for canning sweet corn at home, as I expect to have quite a surplus of corn this year from my own garden."

Just a minute, and I'll give you directions for canning corn. Only five months until January, and planning meals will be a relatively simple matter if there are plenty of vegetables on hand. I'm not saying that a dish of canned corn is just as good as an ear of fresh corn, but this vegetable can be put up so that the sweet garden flavor lingers.

Corn is rather difficult to can successfully, because it is starchy, and sweet, instead of sour. But it can be done. It's all in knowing how to kill off the invisible bacteria that cause spoilage. Heat, lots of it, and at a point far above that of boiling water, is needed to destroy these bacteria.

Use the steam-pressure canner. Corn is one of the non-acid vegetables, which should be processed at a temperature higher than boiling, and this is possible only under steam pressure. Now, if you'd like to have a reliable method for canning corn, please take your pencils. Everybody ready?

(Read slowly or repeat.)

Corn, for canning, should be gathered about 17 to 25 days after silking, the exact time depending upon variety and season. Shuck, silk, and clean the corn carefully. Cut it from the cob, without cooking. Add half as much boiling water as corn, by weight. Heat to boiling. Add 1 teaspoon of salt, and 2 teaspoons of sugar, to each quart. Fill boiling hot into containers. Process immediately, at 15 pounds pressure, or 250° Fahrenheit. Process the quart glass jars for 80 minutes, the pint glass jars for 75 minutes, and No. 2 tin cans for 70 minutes. Corn should not be canned in No. 3 tin cans, because heat cannot readily penetrate the corn, in these large cans.

The third question is about canning tomatoes. No, this didn't happen by accident. I selected questions about canning, because I know that's a subject most of us are interested in just now.

There's one fact about tomatoes that has always appealed to me-- the acid in tomatoes makes them the easiest of all vegetables to can at home. Like fruits, tomatoes can be processed at the temperature of boiling water, while corn and beans and so forth have to be processed at temperatures higher than boiling water.

I don't mean to say that tomatoes can be put up just "any old way." The housewife must watch every step, so that her product will be fine-flavored and wholesome.

Now, if you like, you may take notes on canning tomatoes.

(Read slowly, or repeat):

Select firm, ripe tomatoes, of medium size, and uniform shape. Do not use tomatoes which are too ripe, or tomatoes which are spotted or decayed. Put the tomatoes in trays, or shallow layers, in wire baskets. I hope you have a wire

basket; it saves a good many burns around canning time. Dip the baskets containing tomatoes in boiling water for about a minute, according to ripeness. Remove from the boiling water, and plunge quickly into cold water for an instant. Drain at once, and core and peel promptly. Pack the tomatoes into jars or cans, as closely as possible. Fill the cans with a thick tomato sauce, or with the juice of other tomatoes. Season with 1 teaspoon of salt per quart. Process the quart and pint glass jars for 45 minutes, in boiling water. Process No. 2 and No. 3 tin cans for 35 minutes.

There, that's all the information on canning I'll give you today. If there is anything more you want to know about canning, write to me and I'll send you the booklet on canning, written by Dr. Louise Stanley, chief of the bureau of home economics.

One more question, and then the peach ice cream.

Here is the question: "My seven-year-old boy is small for his age, and rather delicate. He has little appetite for wholesome foods, but is always ready to eat sweet things. Can you advise me how to make him eat wholesome foods?"

Answer: I think part of your trouble lies in the fact that he has been allowed to acquire a taste for sweets. You know that fruits, vegetables, cereals, milk, and eggs are all rather bland in flavor by contrast with concentrated sweets. Also, sweets between meals, or early in the meal, on cereal or fruit, take the edge off the appetite, without supplying the right kind of food for the growing child. Perhaps if you will gradually cut down on sweets, without talking about what you are doing, you may be able to increase the boy's appetite.

There are five ingredients in my recipe for Peach Ice Cream:

2 cups single cream
3 cups soft, sliced, peaches
1 cup sugar
1/8 teaspoon salt
1/2 to 1 tablespoon lemon juice, depending on the acidity of the peaches

I'll read the five ingredients again, to make sure you have them: (Repeat).

Wash and pare the peaches. Cut them in small pieces. Cover with the sugar. Let them stand for a short while. Press the fruit through a colander, so that a pulp is formed. Add the salt, cream, and the lemon juice, if needed. Use a freezing mixture, of one part salt, and four to six parts of ice. Turn the crank of the freezer slowly. After freezing, remove the dasher, pack the freezer with more ice and salt, and let the cream stand for an hour or more to ripen.

My Next-Door Neighbor is planning to serve this Peach Ice Cream, with cake, at her party tonight. I believe her guests will be pleased with it.

Please let me remind you again about the booklet on canning. It contains practical, tested information, and will be sent free on request. The title of the bulletin is "Canning Fruits and Vegetables at Home," and the number is Fourteen Seventy-One.

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UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

PROGRAM.....Housekeepers' Chat..... RELEASE.....
Week of July 25

NOT FOR PUBLICATION

NOTICE TO ANNOUNCERS: This week's "Housekeepers' Chat" concludes "Aunt Sammy's" summer schedule. The regular five-day-a-week programs will be resumed September 15 or October 1. New editions of the cookbook, containing about 100 additional recipes, and an index, will be mailed late this summer to those whose names are on our mailing list.--"Aunt Sammy."

ANNOUNCEMENT: Sandwiches, salads, and dressmaking, are the features of this week's program. Information approved by the U. S. Bureau of Home Economics.

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Before I begin answering questions today, I must tell you about my latest purchases-- a pair of kitchen shears. Truly, I don't see how I have managed, all these years, without a pair of regular kitchen shears. My shears have handsome, sanitary white handles, and strong, sharp blades of fine cutlery steel.

Now I can chop celery and apples, and pickles, without fear of cutting my fingers. I can cut up chicken and other meat for salads; cut heads and tails from fish; and cut marshmallows and nuts for desserts.

I bought something else last week. It is a most interesting piece of cretonne, with a pattern of characters from Charles Dickens' "Old Curiosity Shop." Do you remember the characters? Little Nell, and the old grandfather; Sally Brass, Dick Swiveller, the Marchioness; Daniel Quilp, and Mrs. Jarley, with her waxworks. Half a yard of cretonne includes all characters, and is a nice size to hang above the chest of drawers in Fred's room. You see Fred does not care much for pictures, and tapestries, but he was fascinated by seeing the characters of one of his favorite books, on a piece of cloth.

The first question today is <u>not</u> a question, but a letter from a Timid Soul who was afraid to sign his name. I'll read the letter, and then you'll see why he is so timid:

"Dear Aunt Sammy: If you have any influence with these women of the United States, I wish you would tell them how to make sandwiches. I am <u>tired</u> of attending picnics, where I am forced to wrestle with a whole leaf of lettuce and a tough slice of meat placed between thick slices of bread, with the crust left on. If I <u>do</u> succeed in biting through the sandwich, without dislodging the lettuce or the meat, a good-sized pickle is more than likely to leap from the starboard side of the sandwich. I have another kick, too, about the sandwiches which are too juicy, and soft, and runny,

to eat before civilized people."

There, that's the letter, and I don't wonder that the writer did not sign his name. He'd never be invited to another picnic, if his hostess happened to hear this letter read aloud.

If I were in his place, I would simply suggest, in polite terms, that the sandwich-makers cut the bread in thin slices, and use tender meat or a chopped filling.

Or, here's a still better idea-- let the man offer to bring the sandwiches himself, to the next picnic. Then he can show the ladies, by example, how sandwiches should be made. That's a splendid idea.

When you make the sandwiches, get bread which is a day old. If you insist on having the crusts removed, cut them from the loaf before you slice it. Then all the sandwiches will be the same size and shape. Cream the butter before you spread it, and it won't tear the bread. To cream the butter, work it, until it is soft.

Now, about the juicy sandwiches. Most fillings will not soak through, if both slices of bread are covered with creamed butter, before the filling is spread. If you use lettuce in your sandwiches, cut the leaves into shreds, with a pair of kitchen shears, (there's another use for my kitchen shears), and you will find the sandwich easy to manage. If your sandwich meat is tough, chop it.

If your sandwiches must stand for a while, before they are served, stack them neatly in piles, lay oiled paper over them, and then wrap in a napkin or towel, wrung as dry as possible out of water.

When you take a quantity of sandwiches, on a picnic or an automobile trip, pack them in a small tin bread box, which has been lined with oiled paper. If you are taking sandwiches of different kinds, it is convenient to put each kind in a different box, and label each box. Then the picnickers won't have to handle a number of sandwiches, to see whether they've had one of each kind.

That's enough about sandwiches. I hope the man who wrote the unsigned letter, will let me know the outcome of my sandwich lesson, if he heard it.

The next question is about sewing, from a young mother who says she makes her summer frocks with one eye on her three-year-old, and the other on the baby, who rolls off the sofa as soon as his mother's back is turned. This radio friend wants advice on making a foundation pattern, which can be used in cutting out different styles of dresses.

I am speaking from experience, when I say that a foundation pattern is a most useful article for the home dressmaker. By a foundation pattern, I mean a plain pattern, fitted to your own figure, with normal seam lines, neck, and armholes. With this pattern, which fits you exactly, you can check commercial patterns. Make your foundation pattern of a firm cotton material, such as unbleached muslin, cambric, or gingham.

In making the foundation pattern, of cotton material, follow the commercial Pattern which seems best suited to your figure. Test the commercial pattern carefully, before you cut into the cotton material. Sometimes a pattern bought by bust measure does not fit any other part of the figure. It may be a good idea to find a pattern that fits the shoulders, and then alter it, to conform to the bust, before cutting the dress. Take measurements of your figure, and check them on the paper pattern. For example, the length of the sleeve may need to be lengthened or shortened, to fit your arm.

I made myself a foundation pattern of large black-and-white checked gingham, because in this material the crosswise and lengthwise threads are easily seen. I stitched all seam and dart lines with bright red thread, so the pattern would be reversible. I also stitched all pieces of the pattern one-eighth inch from the edge, to prevent stretching. I have designed several styles of dresses and blouses from this pattern. It is almost necessary for me to have a foundation pattern, because one of my shoulders is higher than the other, and commercial patterns never fit me.

The next question is one which I have answered two or three times during the past year: What is the best way to clean linoleum?"

Waxing or varnishing improves the appearance of linoleum and makes it last longer. Use wax on the inlaid and plain kinds, and varnish on the printed ones, for wax sometimes tends to soften the printed surface. If either of these finishes is applied, the linoleum is then cleaned and cared for like a wood floor so finished. If not given a special finish, linoleum should be swept with a soft brush, and dusted with an oiled or dry mop. Occasionally it should be cleaned more thoroughly, with a cloth wrung out of suds made with lukewarm water and neutral soap. Rinse the linoleum with clear water, and wipe dry with another cloth. Only a small space should be wet at a time. A linoleum-covered floor should never be flooded. Strong soaps and cleaning powders that contain alkali injure linoleum and should never be used on it. Whenever any kind of cleaning powder is used on a very dirty spot, care should be taken to remove any trace of the water in which the powder was dissolved.

One more question: "Will you please broadcast a recipe for stuffed tomato salad?"

There are a number of recipes for stuffed tomato salad. In fact, fresh tomatoes can be filled with almost any left-over meat or vegetables. If you want definite ingredients, I'll tell you how to make a rather hearty

salad,which might serve as the main dish for a Sunday night supper.

Select large ripe tomatoes, one for each person. Peel the tomatoes, cut a round piece from the stem end, and remove enough of the pulp to leave a hollow cup. Season inside with salt, and turn the tomatoes upside down, to drain. Then place them in the ice box, until ready to serve. Stuff with a filling made of chopped meat, such as chicken, veal, or tongue; cooked peas; a few pickles or fresh cucumber chopped fine; and salad dressing. Mix the ingredients thoroughly, so the flavors will be well blended. Serve on lettuce leaves, or on a bed of shredded lettuce.

Another good tomato salad, which does not take quite so long to prepare, is made of ripe tomatoes and cottage cheese. Arrange three slices of tomato on a bed of lettuce leaves. In the center make a mound of cottage cheese, which has been mixed with cream, salt, and pepper. Serve with mayonnaise or cooked salad dressing.

Enough recipes for one day. There are a number of questions about canning fruits and vegetables, which I am not answering by radio. Everybody who asks for advice about canning, receives a copy of the canning bulletin published by the Bureau of Home Economics. This bulletin is free, and contains accurate directions for canning practically every kind of fruit and vegetable.

This is the last time "Aunt Sammy" will make a talk, until fall, when the regular five-day-a-week talks will be resumed. I have a great many good things in store for you next year, including practical new recipes, and well-balanced menus which will make meal-planning comparatively easy.

Of course if you have questions which you'd like to have answered this summer, send them to me, in care of Station_____, and I shall be glad to have them answered personally.

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